

4 Great Ways to Fight Flu

1

Get vaccinated every year.

2

Stay home if you're sick!

3

Cover your coughs and sneezes.

4

Wash your hands often.

Influenza is nothing to sneeze at! It's serious!

- ▶ People can get really sick and even die from influenza.
- ▶ Influenza is not just a cold or "the stomach flu."

Protect yourself and others....Get vaccinated!

- ▶ Influenza vaccine is safe.
- ▶ You **cannot** get influenza from the vaccine.
- ▶ For most people, influenza vaccination prevents the disease completely. Those who do come down with influenza, have a milder case of it.

GOT YOUR FLU SHOT?

Who needs flu vaccine? See other side.

Who **should** be vaccinated?

- ▶ Anyone, including school aged children, who wish to avoid becoming ill with influenza or transmitting influenza

These groups are at highest risk of complications from influenza:

- ▶ 50 years old or older
- ▶ Between 6 months and 50 years old and
 - ▶ You have heart disease, diabetes, kidney disease, asthma, cancer, lung disease, HIV/AIDS, or any other disease that affects the immune system, or
 - ▶ You are receiving long-term drug treatment, such as steroids, or cancer treatment, such as chemotherapy or radiation
- ▶ A healthy child age 6 months to 5 years
- ▶ A household contact or out-of-home caregiver of children from birth to 5 years
- ▶ A resident of a long-term care facility
- ▶ A healthcare worker (so patients don't catch it from you!)
- ▶ A child or adolescent on aspirin therapy
- ▶ A breastfeeding woman
- ▶ A pregnant woman (in any trimester)
- ▶ Anyone planning to travel to the Southern Hemisphere from April thru September or to the tropics anytime of the year
- ▶ Note: A child under 9 years old who is getting his or her very first influenza vaccination will need a second vaccination one month after the first one.

It's never too late to be vaccinated!



Immunization Program

www.mdhflu.com

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